



CSB3M		PARTS LIST	12-9-89
<i>Bk Bc Red Writing (Medallion)</i>			
DIAGRAM NO.	PART NAME	NO. REQ.	ORDERING NUMBER
1	BACKREST	1	C0390-C28
2	BACK SUPPORT	1	C0139-C28
3	SWING ARM	1	C0140-C28
4	ADJUSTABLE FOOT	1	C0141-C28
5	SMALL FOAM PAD	2	C0432-C06
6	1" HANDLE BAR	1	C6202-C26
7	3/4" PAD BAR	1	C6112-A23
8	LARGE FOAM PAD	2	C0400-A01
9	DECAL	1	DE-4067
	HARDWARE BAG	1	C5786-A16
A	1/4"-20 X 2 1/2" MACHINE SCREW	3	HH-5044
B	2" ROUND PLASTIC CAP	4	AA-8018
C	5/16"-20 X 2 3/4" HEX HEAD BOLT	1	HH-5070
D	5/16"-20 LOCK NUT	1	HH-5021
E	LARGE LOCKING PIN	1	WW-7031
F	SMALL LOCKING PIN	1	WW-7006
G	1" ROUND PLASTIC CAP	2	AA-8005
J	3/4" ROUND PLASTIC CAP	2	AA-8004
K	2" SQUARE PLASTIC CAP	1	AA-8002
	INSTRUCTION MANUAL	1	NN-1078

## ASSEMBLY INSTRUCTIONS

1. Assemble BACKREST (1) to BACK SUPPORT (2) using 3 MACHINE SCREWS (A) which are pre-assembled to Backrest. Place 2 ROUND PLASTIC CAPS (B) into each end of round tube.
2. Fasten BACK SUPPORT (2) to SWING ARM (3) using HEX HEAD BOLT (C) and LOCK NUT (D). Do not overtighten or Swing Arm will not fold freely! LARGE LOCKING PIN (E) is used to lock unit into upright position when using. Insert SQUARE PLASTIC CAP (K) into top of SWING ARM (3).
3. Insert ADJUSTABLE FOOT (4) into bottom of SWING ARM (3). SMALL LOCKING PIN (F) is used to lock the slant board into any of its' incline positions by inserting it through the SWING ARM (3) and the desired holes in the ADJUSTABLE FOOT (4). Insert 2 ROUND PLASTIC CAPS (B) into each end of the ADJUSTABLE FOOT (4) round tube.
4. Assemble 1 SMALL FOAM PAD (5) to 1" HANDLE BAR (6). Insert completed assembly through hole in top of SWING ARM (3) and assemble the other SMALL FOAM PAD (5). (Assembling foam pads to bar is easier if you apply a small amount of liquid dish detergent onto the bar prior to assembly.) After the detergent dries, it will help keep pads adhered to bar. Insert PLASTIC CAP (G) into each end of HANDLE BAR (6).
5. Insert PAD BAR (7) into LARGE FOAM PAD (8). (Again, using a small amount of liquid dish detergent will aid in this assembly.) Insert PAD BAR (7) through tubular sleeve on front of SWING ARM (3). Place other LARGE FOAM PAD (8) onto opposite end of PAD BAR (7). Insert SMALL PLASTIC CAP (J) into each end of PAD BAR (7).
6. Position DECAL (9) even with top of Back Support Brackets and apply to front of SWING ARM (3).

## REPAIR PARTS AND SERVICE

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT

ALL OF THE PARTS FOR THE SLANTBOARD CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST. JOHN ST. OLNEY, ILL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU PURCHASED THIS UNIT.

IF YOU FIND THIS PRODUCT TO HAVE EITHER A DEFECTIVE PART OF A MISSING PART, WRITE THE ABOVE ADDRESS OR, PHONE CUSTOMER SERVICE AT 1-800-225-0653

ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:  
● MODEL NO.                      ● NAME OF PART                      ● ORDERING NUMBER

## WARNING

### CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION. CHILDREN AND HANDICAPPED PERSONS SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE.

### TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORKOUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.